



***Virginia Department of Labor and Industry***  
***Training Catalog***  
***2008 – 2009***  
***October – December 2008 (1<sup>st</sup> Quarter)***



<b>TRAINING LOCATIONS/DIRECTIONS</b>		
<u><b>Augusta County Government Center</b></u> 18 Government Center Lane Verona, VA 24482	<u><b>VDOT Salem Residency Office</b></u> 714 S. Broad St. Salem, VA 24153	<u><b>VDOT Richmond District Training Center</b></u> 2201 West Hundred Road Chester, VA 23831
<u><b>VDOT Maintenance Training Academy (Thornburg)</b></u> 4926 Mud Tavern Road Woodford, VA 22580	<u><b>Virginia Transportation Research Council</b></u> 530 Edgemont Road Charlottesville, VA 22903	<u><b>VDOT Norfolk Residency Office</b></u> 1992 South Military Highway Chesapeake, VA 23320
<u><b>Wyeth Pharmaceuticals</b></u> 2300 Darbytown Road Richmond, VA 23231	<u><b>VDOT Salem Residency Office</b></u> 714 S. Broad St. Salem, VA 24153	

## VOSH 7201 – Bloodborne Pathogens

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**Course Description:** This course explains the regulatory measures required to protect employees from the hazards of occupational exposure to blood and other potentially infectious materials containing bloodborne pathogens, such as hepatitis B virus (HBV), and immunodeficiency virus (HIV). Topics of discussion will include applicable definitions, infection control, engineering and work practice controls, universal precautions, personal protective equipment, housekeeping, medical evaluations, warning signs, labels and labeling systems, and employee training.

**Course Length:** 6 Hours

DATE	TIME	LOCATION
10/09/08	9:00 a.m.–4:00 p.m.	Wyeth Pharmaceuticals – Richmond
12/02/08	10:00 a.m. – 3:00 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 7300 – Confined Space Standard (OSHA's Permit-Required)

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**Course Description:** This one-day course discusses the requirements of OSHA's permit-required confined space standard, 29 CFR 1910.146 and 16VAC25-140. It is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program. It covers OSHA's requirements and does feature hands-on sections (instrumentation and control methods, rescue, and atmospheric testing). Topics include: scope and definitions; general requirements; permit space program; training requirements; and employee roles and rescue.

**Course Length:** 8 Hours

DATE	TIME	LOCATION
10/21/08	8:30 a.m.– 4:30 p.m.	VDOT – Richmond District Training Center

## VOSH 3010 – Excavation & Trenching Hazard Awareness (§1926 Subpart “P”)

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**Course Description:** This course is designed to instruct participants on the proper methodology to use when doing any excavation and covers the Standard §1926, Subpart “P”. Topics include: soil classification, shoring techniques, trench boxes, hydraulic bracing/shoring, the competent person, and hazards associated with most types of excavation work. Participants will be made aware of the uses of various techniques used to classify soil, learn the dynamics of ground excavation inspections, determine the use of safety systems (bracing/shoring), learn the hazards associated with excavation work, and discuss soil collapses (failures/cave-ins).

**Course Length:** 4 Hours

DATE	TIME	LOCATION
10/23/08	8:00 a.m.-12:00 p.m.	VDOT Richmond District Training Center - Chester
12/04/08	10:00 a.m. – 3:00 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 3110 – Fall Protection

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**Course Description:** The course is designed to familiarize participants with slip, trip and fall hazards, and will increase employee awareness of the need for good housekeeping on the construction site, and the methods for reporting, eliminating or controlling those known hazards.

**Course Length:** 4 Hours

DATE	TIME	LOCATION
10/23/08	1:00 p.m.-5:00 p.m.	VDOT – Richmond District Training Center
11/12/08	10:00 a.m. – 3:00 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 511 – Occupational Safety and Health Administration (OSHA) Standards for General Industry – 30 Hour

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**Course Description:** This course covers OSHA policies, procedures, and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA general industry safety and health 30-hour course completion card. This course is for personnel who will not be conducting training sessions. To receive the Course Completion Card for attending this course, *each student must attend training on each of the dates indicated on the schedule. You must be pre-registered to attend this course.*

**Course Length:** 30 Contact Hours over 6 Days

DATES	TIME	LOCATION
10/30/08 (Day 1) 11/13/08 (Day 2) 12/03/08 (Day 3) 01/08/09 (Day 4) 01/21/09 (Day 5) 02/11/09 (Day 6)	9:30 a.m. – 4:00 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 7500 – Occupational Safety and Health Administration (OSHA) Construction Standard – 10 Hours

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**Course Description:** The main focus of this course is to provide students the necessary training for them to be able to understand and utilize the 29 CFR 1926 Standards, to include its Sub-Parts and Sections. Upon completion, each student will receive an OSHA 10 Hour Construction Course Completion Card as long as they have completed the 10 contact hours as required by the OSHA Training Institute.

**Course Length:** 10 Contact Hours Over 2 Days

DATE	TIME	LOCATION
12/16 & 17/08	9:30 a.m. – 4:30 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 8500 – Occupational Safety and Health Administration (OSHA) Standards for General Industry – 10 Hours

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**Course Description:** The main focus of this course is to provide students the necessary training for them to be able to understand and utilize the 29 CFR 1910 Standards, to include its Sub-Parts and Sections. Upon completion, each student will receive an OSHA 10 Hour Construction Course Completion Card as long as they have completed the 10 contact hours as required by the OSHA Training Institute.

**Course Length:** 10 Contact Hours Over 2 Days

DATE	TIME	LOCATION
10/7 & 8/08	8:30 a.m.- 4:30 p.m.	Wyeth Pharmaceuticals - Richmond



## VOSH 2200 – Personal Protective Equipment (PPE)

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**Course Description:** This course will explain the requirements of the OSHA standard for the selection, use, care and maintenance of personal protective equipment used to protect employees. There will be discussions on the selection, design and application of various types of protective equipment and of their limitations.

**Course Length:** 4 Hours

DATE	TIME	LOCATION
10/28/08	10:00 a.m.–3:00 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 7845 – Recordkeeping

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**Course Description:** The course is designed for the person who maintains the injury and illness records. This 4 hour course is designed to assist employers in identifying and fulfilling their responsibilities for posting certain records, maintaining records of illnesses and injuries, and reporting specific cases to OSHA. Several practice sessions are included. Students who successfully complete this course will be able to identify and perform the OSHA requirements for recordkeeping, posting, and reporting and to complete OSHA forms 300, 300A, and 301.

**Course Length:** 6 hours

DATE	TIME	LOCATION
10/24/08	8:30 a.m. - 4:30 p.m.	VDOT Richmond District Training Center - Chester
11/05/08	8:30 a.m. – 4:30 p.m.	VDOT Norfolk Residency - Chesapeake
11/19/08	8:30 a.m. – 4:30 p.m.	Augusta County Government Center - Verona
11/20/08	8:30 a.m. – 4:30 p.m.	VDOT Salem District Residency – Salem
12/18/08	9:30 a.m. – 5:30 p.m.	VDOT Maintenance Training Academy - Woodford

## VOSH 2210 – Respirator Usage

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**Course Description:** This course is designed to cover respirator-related provisions of OSHA's standards to comply with 29 CFR 1910.134, as well as all of the provisions addressing respirator use, selection, and fit testing. It will also address the required and voluntary usage of respiratory protection equipment under the general industry standards. It covers the requirements for a written program, employee training, medical evaluation, and fit-testing. The procedures presented cover the necessary steps for selection, proper use, and care of respirators to ensure adequate air quality, quantity, and flow of breathing air for air purifying as well as atmosphere-supplying respirators, and for regular evaluation of program effectiveness.

**Course Length:** 6 Hours

DATE	TIME	LOCATION
10/29/08	9:30 a.m.-4:00 p.m.	VDOT Maintenance Training Academy - Woodford